

# Your Hospital Stay

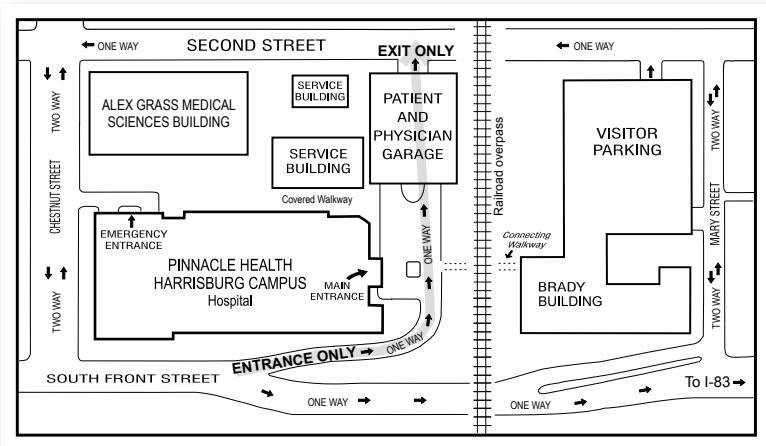
UPMC Pinnacle Harrisburg

UPMC Pinnacle has begun major renovations to UPMC Pinnacle Harrisburg. Changes include adding more floors and expanding maternity services. During construction, pedestrian and traffic patterns along Chestnut and Second Streets in Harrisburg will temporarily change. We apologize for any inconvenience you experience and thank you for your patience while we build the future of remarkable health care in the region.

Please refer to the map below for changes to the traffic pattern at UPMC Pinnacle Harrisburg. Signage is also posted along the detour route.

Valet service for patients and patient drop-off and discharge remains at the main entrance. In addition, access to the Visitor Garage on Mary Street will not be affected. The project is expected to be completed in 2019.

If you have any questions or comments about the traffic changes, please call UPMC Pinnacle Security Services at **717-782-3356**.



## Prenatal Checklist

- Check with your insurance company to find out what costs will and will not be covered.
- Pre-register for your hospital stay online at [www.pinnaclehealth.org/maternity](http://www.pinnaclehealth.org/maternity) or mail your pre-admission forms to the hospital as soon as possible.
- Please notify Patient Access at (717) 782-5734 if there are any changes in your name, address, phone number or insurance information as soon as possible.
- Register for a childbirth class. UPMC Pinnacle Harrisburg offers many childbirth classes at a variety of times and locations for your convenience. We have many other classes available to help prepare you for the arrival of your baby. We offer free Breastfeeding Basics and CPR for Family & Friends classes. Register online at [UPMCPinnacle.com/PrenatalClasses](http://UPMCPinnacle.com/PrenatalClasses). If you have any questions please call (717) 231-8900.
- Choose a pediatrician or family practice physician to care for your baby. Make sure he/she accepts your insurance. If your pediatrician does not practice at UPMC Pinnacle Harrisburg, our hospital pediatrician will care for your baby after he is born.
- Decide if you want your baby boy circumcised, and check with your insurance company to find out if the procedure is covered.
- Consider if you and your partner would like to have a doula to provide labor support.
- Pack your labor and postpartum suitcases prior to labor. The section “What to Bring” contains items to make your stay more comfortable.
- Bring all insurance cards with you to the hospital.
- You will need the following information for the baby’s Social Security Number:
  - Social Security Number of mother and father of the baby.
  - Date and place of birth for both mother and father.
  - A completed paternity acknowledgement if the mother and father of the baby are not married. Papers will be given to you at the hospital.
  - Fill out the birth certificate information and return it to your nurse or unit secretary before you leave the hospital.
- Get a car seat that is new or less than 6 years old and have it installed in your car before coming to the hospital (call 1-866-SEAT-CHECK or log onto [www.seatcheck.org](http://www.seatcheck.org) to find a car seat technician in your area). If you have a used car seat, make sure it has never been in an accident.

## Umbilical Cord Blood Banking

The decision to bank cord blood with a private company is a personal choice. This is a discussion you should have with your healthcare provider during pregnancy. UPMC Pinnacle Harrisburg does not have a business or financial relationship with any cord blood bank. Select a cord blood bank and make all the necessary arrangements prior to admission to Labor and Delivery. The company will send you a blood collection kit with materials and instructions. Please bring the kit provided to you when you are admitted to Labor and Delivery. Inform your nurse on admission of your desire for cord blood banking and provide her with the collection kit. Your nurse will obtain the required samples. Your family is then responsible to package everything and arrange for pick up from the cord blood bank you have chosen. All this information is in the instruction packet sent from the company.

## What to Bring

Whether you pack your bags weeks before your due date or right before you leave for Harrisburg Hospital, it is easy to forget important items. We encourage you to bring anything that will make you feel comfortable during your stay. However, we do not recommend bringing valuable items. We suggest packing separate labor and postpartum bags for your convenience. Bring only your labor bag into Labor and Delivery. After you are transferred to Postpartum, your support person can bring your postpartum bag and car seat to the unit.

### *Here are a few items to keep in mind when packing your bags:*

- Camera
- Heavy socks or slippers
- Bed pillow
- Snacks for labor partner (coffee shop and cafeteria are available with limited day and evening hours)
- Athletic shorts for labor partner, for comfort in shower/tub area, and layered clothing for varying room temperature.
- Robe or nightgowns and underwear (keep in mind these may become permanently stained)
- Hard candy or sour lollipops – sugarless will keep you from getting thirsty
- Lip balm
- Body lotion for massage
- Music – iPod or CD's and CD player
- Barrettes or elastic hair bands
- Toiletries: mouthwash, shampoo, toothbrush, toothpaste, lotion, soap, deodorant, hair brush, make-up, hair dryer, curling iron, along with any other beauty and hygiene items you use regularly
- Change for vending machines

- If you have chosen to formula feed and want your baby to use a pacifier, please bring one to the hospital. For babies who are breastfeeding, pacifier use is not recommended until lactation is well-established, at three to four weeks.
- Going-home outfit for mom – loose, baggy clothes will feel most comfortable and a nursing bra, if you are breastfeeding.
- Going-home outfit for baby – stretchy suit, T-shirt, booties/socks, hat, three to four receiving blankets, warm blanket in cold weather, and/or outfit for baby's first photo taken at the hospital. Snow suits, sweaters, blanket sleepers and buntings are not safe to use with car seats.
- Infant car seat: PA law states babies cannot ride in a car without a federally approved car seat. Please have your car seat installed in the back seat of your vehicle (center position is safest), facing backwards, before coming to the hospital. You may call the State Police or Safe Kids at (717) 531-SAFE to schedule an appointment for car seat installation.
- Leave your suitcase and car seat in your car until after you have given birth and are moved to the Maternity Center. Take only what you need for labor and delivery. Your partner can bring your car seat and suitcase to the room once you are transferred to the Maternity Center.

### **When to Call Your Physician/Midwife**

- If you are a first-time mother – when contractions are five minutes apart, last longer than a minute and have been this way for at least one hour.
- If you have already delivered a baby – when your contractions are seven minutes apart and have been that way for one hour.
- Your membranes (bag of waters) rupture – note the color, odor, amount and time.
- You have bright red bleeding.
- Your baby is moving less than normal.
- You have sharp, steady abdominal pain that does not come and go.
- You have fever, chills, backache and/or burning when you empty your bladder.
- You have nausea and vomiting lasting more than 24 hours.
- You have a headache or blurred vision.
- Any time you have questions or concerns.

### **Signs of Labor**

- Contractions (labor pains) may feel like cramping or back discomfort with a tightening of the abdomen.
- You may feel contractions in the abdomen, lower back or both.
- The pain from the contractions will come and go.
- Ruptured membranes is a loss of fluid from the vagina as a gush or slow leak – note the color of fluid and the time membranes rupture.
- If you are already having contractions, walking and talking may be difficult when they become stronger.
- You may have spotting in early labor if you have had a vaginal exam.
- Bleeding like a period is not normal and you should notify your physician or midwife immediately.